



Video Transcript

Womb Healing Meditation To Heal The Divine Feminine

Hello, beautiful beings. I'm Maria Marshall here with Gaia Goddess. And today, we are going to be doing a womb healing meditation to heal the divine feminine. So, find a comfortable space lying down, grab whatever props you need, get a pillow, maybe a box of Kleenex if you think you might need.

This womb meditation is designed to heal and release negative experiences, thoughts, imprints, beliefs, and programs that keep you from fully embodying the powerful energy of the sacred womb center.

I invite you to lay down, get comfortable, grab a pillow or blanket, whatever you need to feel nurtured.

Take a deep breath in and on the exhale, sigh if you wish releasing. Any stress from the day, any worries, or any thoughts that prevent you.

the bones of your hips, all the way down to the center of the earth. You may imagine these roots, big, sturdy, supportive roots of an oak tree. Send them down for the surface you are lying on, down through the foundation of the building you're in all the way through the soil and the rock and the many layers of the earth's cross down, down, down to the molten lava center of the earth. See the color red, color of the root chakra, and wrap your roots around the center of the earth. You can tie a knot, imagine a lock and key, something anchoring the roots, really keeping you tethered to the earth as we travel together in this womb healing meditation.

Now, on the inhale, draw up that red, nurturing energy off the earth all the way

up your roots see them see your roots fill with the color red and it rise rise
rise up up up into your feet your ankles your legs your hips
see the color red anchoring you now to the planet.

We are now grounded.

Next, I want you to imagine a wave of love.

Wash over you as you take five deep breaths in.

See, this breath begin from the bottom of your spine,
going all the way up your spine, passing through your neck and land to the top of
your head. On the exhale, you're going to imagine this breath cascading down like a
waterfall on the outside of your body and pulling again at the base of your spine.

See the breath. The base of your spine alive and light filled,
filling your whole being. Bring it up and as you do, you're cleansing and balancing
your energies. All thoughts, worries, negative emotions are draining from you as you
exhale.

Again, the exhale is cascading on the outside of your body,
pulling at the bottom of your spine, and again on the inhale, see the breath,
as love and imagine it coming up from the base of your spine
and Again, out the top of your head. Let's do this for five more breaths.

Breathe in from the base of your spine, love and light all the way up your spine
to the top of your head. And now cascading like a waterfall outside your body,
back to the bottom of your spine. Breathe in.

Up, up, up.

Exhale, cascading water.

Breathe in. Up, up,

up. Cascating love and light.

Breathe in.

to breathe this way.

Imagine yourself releasing the breath and along with it any worries,
thoughts,

anxiety. Let it all drain from you on the exhale.

Now, as you breathe, imagine your heart being filled with pure love.

You're still breathing intentionally up from the base of your spine, but as you do
that, that becomes somewhat automatic, fades a little bit to the background.

And now you're focusing on your heart, being filled with pure love.

With each breath,

see a golden light spear growing in your heart center.

With each breath, see it get larger and larger,
bigger, bigger.

The size of a basket,

see that golden light. Feel all of your heart's

Take in another breath and continue to focus on the spear of golden light in the
center of your chest.

On the next inhale, imagine this spear changing color.

From the golden light to green.
It's now glowing with a healing, loving, energy of Gaia,
the earth, green, and your heart center.
This spear is now this beautiful, vibrant color green,
filling up your heart center.
See the color in your mind's eye and feel the love in your heart center.
On the next inhale, imagine this spear moving down the size of a grapefruit.
Gradually, it's still powerful, it's still loving.
It's passing through down, through your rib cage, down,
further, just above your navel, down to two inches below your navel.
This is your womb space, your sacral chakra,
powerful,
sacred and holy.
Allow the green spear to reside here and see the healing green energy of love that
originated from your heart. Pouring out into every cell of your body,
Now, send the healing energy of this green spear to the tissues of your liver.
See your liver enveloped in this green healing light.
Now, this light is enveloping both kidneys. It's okay if you don't know what your
organs look like or even...
and your pancreas at the same time, your consciousness can see both at the same
time. This energy is healing, cleansing.
Now wrap this green energy, glowing and loving around your upper intestine.
Cleansing and healing is part of the organ which is part of your womb chakra,
your sacral chakra.
Any vibration that is not love
can Now be lifted and released.
Do you have the power to heal yourself.
Now see the green light, encompass your sexual organs,
your genitalia,
and then Bring it up to your reproductive organs,
the walls of your womb, glowing now green.
The reproductive parts, olopean tubes,
ovaries, the inside of your uterus, all overies, the inside of your uterus, all
glowing with the healing vibration of green.
Know that any energy,
any imprint,
any experience, any trauma,
any shame or guilt around the womb center, around what it is to be a woman,
to have her cycles.
Anything there that is not of love and light, including past sexual encounters.
Any painful experiences of the womb, such as abortion, miscarriages,
stillbirth, Even the inability to conceive.
Can release that? This meditation will support you in the healing that energy.

Know if you've had any organs removed. Their energetic imprints are still there,
so you are still healing.
We're still clearing the green light and love.
All societal and familial programs, condition,
experiences of not being able to express freely, sensually,
sexually, where our creative voices were not heard, received.
All of that is part of what needs to be healed individually and collectively.
Any ancestral programs or cellular memory, we can release those too because we were
in our mother's wombs and they had their own healing as well.
that will come after you
keep breathing in and saying these words out loud you may even sing them I am
whole I am love I am heal
I am whole
heal as
you say these words or sing them imagine a spear of green light losing its shape
and see the color green and the energy of love fluid and swirling like water all
around and inside your room space.
Use this color and healing love to activate your creative and sensual powers.
Releasing all blockages to your expression.
Again, allow all vibration.
Low vibration of thoughts, ancestors, ancestral, genetic imprints,
hordes to pass relationships and societal programs from all space and time to be
lifted by the strong light, color, and love that is always present. You are just
consciously connecting to it at this moment.
See that swirl of the green. See it swirl around like a whirlpool inside your womb.
And you can also consciously release it from your womb,
the waters of your womb, releasing all that no longer serves,
purifying, sanctifying this holy sacred portal of creativity.
You are here to express as the divine feminine in form in her full power.
Your voice, your creativity, your power will no longer be suppressed.
You have the power to release individually and collectively all that has been held
hostage over thousands of years in
order for humanity and the planet to heal.
and being here in service to this collective and divine purpose.
Know that you are loved and know that you are free and never alone.
Together we sing a new song, for humanity is on the cusp of her great awakening
and is being guided lovingly with each step she takes.
Before we close out a meditation know that you can repeat it as often as you are
guided to cannot harm and can only heal for it is from love
continue the breath and as you do so see all the green light and love Swirl back
into the original sphere.
Notice its placement just below your navel.
Take another deep breath.

And as you do, move the spear of green love. Up.
Pass through your solar chakra. Up. Landing back in your heart center.
and focus on that in your heart
focus on the feeling of love and intensify that with a breath
on the next breath Allow the green spear to remain at your heart,
but focus now on the breath again at your spine and rising as a white light again
to the top of your head. On each exhale, imagine the breath pouring out like a
waterfall on the top of your head outside of you, washing away any negative
vibrations that were released today from your womb.
Take another breath in from the base of your spine and again allow the white light
to run through the center of your body, up to the top of your head,
and on the exhale, wash away.
Exhale,
washing and clearing your body and energetic feel.
Continue to breathe.
As you do, see your womb glowing with radiant,
high vibrational love.
It is glowing color orange.
It is now in more alignment.
It is higher in vibration.
There is more love there.
Feel or notice any energetic shifts as you continue to feel and focus on love.
Know that the healing that occurred today as subtle as it may or may not sing is
just what your higher self orchestrated for you and it's perfect.
Feel free to let out a sigh or yawn even on the next exhale.
Oh!
Now focus on your body resting on the surface you are laying on.
Notice the weight of your body and the sensation of gravity pulling on it.
Take another deep breath in and lovingly tap your arms and legs you wish.
This helps to bring your awareness back to your whole body.
Next, perhaps place one hand on your heart, one on your womb,
and if you like,
maybe roll to one side, laying in a fetal position if that feels nurturing.
Thank you for joining me today and reclaiming the power of the womb.